

# Help Your Members

## Take Control and Improve the Quality of Their Lives

This evidence-based Chronic Disease Self-Management Program (Healthier Living) demonstrates replicable results by providing tools proven to be successful in helping individuals manage their chronic conditions.

Your members will complete the workshop with strategies and confidence to take back control of their lives from the disease.

### The workshop:

- Meets for 2 1/2 hours each week for six weeks
- Can be held in your practice location, office, senior center, or other community site
- Lay-led program. Many of our instructors have personal experience with the conditions they focus on
- Supported by evidence-based outcome studies

### Your members will learn how to:

- Maximize their health
- Manage feelings of frustration, depression, and other difficult emotions
- Build physical strength, flexibility, and endurance
- Organize and understand their medications
- Sleep better
- Actively participate in decision-making with their healthcare team
- Shop smarter and eat better
- Reduce their risk of falling



### The studies behind Healthier Living/Tomando Control

Participants “demonstrated improvements at 6 months in weekly minutes of exercise, frequency of cognitive symptom management, communication with physicians, self-reported health, health distress, fatigue, disability, and social/role activities limitations. They also had fewer hospitalizations and days in the hospital.” Study results:

Evidence suggesting that a chronic disease self-management program can improve health status while reducing hospitalization: a randomized trial.

<http://bit.ly/2JAPY6J>

Participants have reported higher levels of physical activity and fewer ER visits and hospitalization in the 6 months following participation in this program. Communication with physicians improved significantly. Study results:

National Study of Chronic Disease Self-Management: Six-Month Outcome Findings

<http://bit.ly/2Z0IEaV>

“...CDSMP contribute[s] to improvements in psychological health status, self-efficacy, and select health behaviors...” and these improvements are largely maintained over time. Study results:

Sorting Through the Evidence for the Arthritis Self-Management Program and the Chronic Disease Self-Management Program

<http://bit.ly/2LXRck2>

This program is associated with long-term improvements in depression. Study results:

Effects of chronic disease self-management programs for participants with higher depression scores: secondary analyses of an on-line and a small-group program.

<http://bit.ly/2OclCvw>

**CALIFORNIA**

**HEALTHIER LIVING**

[www.cahealthierliving.org](http://www.cahealthierliving.org)

# Workshop Overview

Here is the breakdown of what is covered during each of the six individual sessions:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	●					
Using your mind to manage symptoms	●		●		●	●
Getting a good night's sleep	●					
Making an action plan	●	●	●	●	●	●
Feedback and problem-solving		●	●	●	●	●
Dealing with difficult emotions		●				
Physical activity and exercise		●	●			
Preventing falls		●				
Making decisions			●			
Pain and fatigue management			●			
Better breathing				●		
Healthy eating				●	●	
Communication skills				●		
Medication usage					●	
Making informed treatment decisions					●	
Dealing with depression					●	
Working with your health care professional and organization						●
Weight management						●
Future plans						●

For tips and resources on living healthy and coping with chronic medical issues you may share with your members, visit the California Healthier Living Website: [www.cahealthierliving.org](http://www.cahealthierliving.org)